

OxWell Student Survey 2023

Introduction



The OxWell Student Survey 2023 asked students in school years 5 to 13 questions related to many topics including:

- Wellbeing
- School/college experience
- Mental health
- Experiences of accessing mental health support

Additional questions focused on:

- The current cost-of-living crisis
- Body image
- Social media
- Maltreatment
- Self-harm

It is important to note that not all schools in Oxfordshire took part, and in participating schools not all eligible students took part. The survey's results therefore may not represent all students in Oxfordshire and should be viewed as indicative.

The survey collected data in February and March 2023.

In Oxfordshire, 7,133 students took part in the survey from 12 out of 245 primary schools, 15 out of 43 secondary schools, and all 3 Further Education colleges. The current summary of the survey's findings outlines the results for primary schools (years 5 and 6) and secondary schools (years 7 to 13) separately.

Demographics of the participants

Topic	Category	Oxfordshire
Students	Logins	7,133
	Male	51%
	Female	43%
	Other	2%
	Prefer not to say	3%
Year group	5	5%
	6	6%
	7	19%
	8	16%
	9	16%
	10	15%
	11	12%
	12	7%
	13	4%
Illnesses requiring repeated medical appointments	Yes	13%
Neurodivergent	Yes	20%
Place of Birth	Student born in UK	85%
	Both parents born in UK	58%

*Demographic questions were included, such as those relating to gender and ethnicity. However, no identifiable information such as name or date of birth were collected. Commissioners, schools, and colleges have access to the anonymous survey results. This is to learn insights which can help improve the support and resources provided to students.

Primary: Years 5 & 6

Physical Activity and Body Image



The survey included questions on physical activity, sports and exercise. Involvement in sports and non-sports clubs and teams outside of school was also explored. These are important for development and positive mental health so should be encouraged. Questions on body image and eating were also included. These help to understand students' shape and weight concerns and perceptions and behaviours around body size and eating.



36% do up to 3 hours of physical activity a week

42% do 9 or more hours each week

80% would like to do more exercise

Outside of school

68% are involved in sports clubs or teams



39% are involved in other clubs



Relationship with food and body

An average of 38% thought they were fat even when others told them they were thin

An average of 25% said that worries about eating, what, where or how much, really interfered with their life

An average of 9% regularly skip meals at school due to weight and/or shape concerns



41%

32%

28%

20%

11%

6%



"Prefer not to say"
& "Other" were too low to analyse



Primary: Years 5 & 6

Sleep and Worries



Students were asked a range of questions around sleep habits and patterns, which are key to mental health and wellbeing. Poor sleep is linked with many mental issues and in turn impacts student's ability to engage in everyday activities.

We present an overview of the average sleep quality and sleep problems. Common worries which may impact sleep and have an impact on student's quality of life are also presented. These show the percentage of responding students who reported having worries about money, cold/damp, and those who went to bed hungry.



- 31% have a problem with sleep for 3+ nights a week
- 57% were troubled by sleep in the past month
- 8% of which were troubled greatly

31% worry about their family not having enough money



22% worry about going to school



21% worry about what is going to happen



10% said the house they live in is cold and/or damp



10% said they go to bed hungry as there is a lack of food



Primary: Years 5 & 6

Mental Health

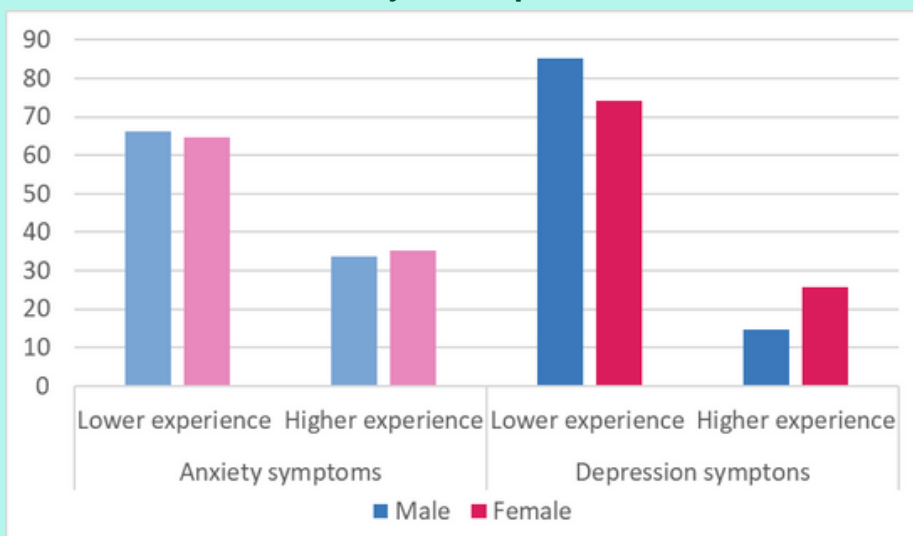


The survey asked students many questions which relate to the topic of mental health. Here, we present data on bullying as it has a large impact on mental health and is often related to the school environment and other students. Experiences of anxiety and depression symptoms are also reported. This indicates the likelihood that students are within the range for clinical anxiety or depressive disorder. Plus questions around who students would go to for mental health support, and their ability to find someone when they are upset and need help.



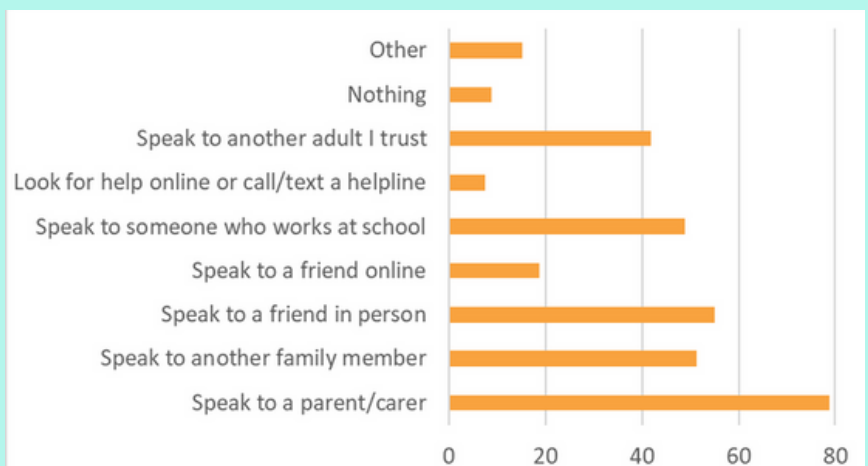
- 14% were bullied 2-3 times a month
- 5% were bullied weekly
- 7% were bullied most days

Revised child anxiety and depression scale scores



When upset and needing help, 52% found it easy to find someone, while 20% found it difficult.

If you felt you needed to speak to someone to get mental health support what would you do?



Secondary: Years 7-13

Physical Activity and Body Image



The survey included questions on physical activity, sports and exercise. Involvement in sports and non-sports clubs and teams outside of school was also explored. For secondary school students, these show changes over the course of secondary school. These are important for development and positive mental health so should be encouraged.

Questions on body image and eating were additionally included. These help to understand students' shape and weight concerns and perceptions and behaviours around body size and eating.

- 36% do up to 3 hours of physical activity a week
- 40% do 9 or more hours each week
- 71% would like to do more exercise



Outside of school



51% are involved in sports clubs or teams

26% are involved in other clubs

Y7

59%

Y13

29%

30%

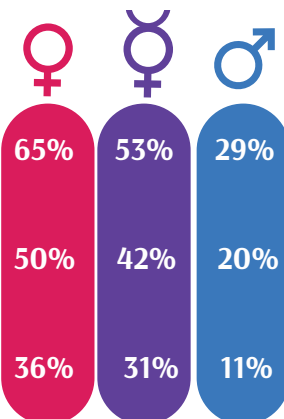
17%

Relationship with food and body

An average of 46% thought they were fat even when others told them they were thin

An average of 34% said that worries about eating, what, where or how much, really interfered with their life

An average of 17% regularly skip meals at school due to weight and/or shape concerns



"Prefer not to say" or "Other"



Secondary: Years 7-13

Sleep and Worries

Students were asked a range of questions around sleep habits and patterns, which are key to mental health and wellbeing. Poor sleep is linked with many mental issues and in turn impacts student's ability to engage in everyday activities. We present an overview of the average sleep quality and sleep problems and changes over the course of secondary school are outlined.

Common worries which may impact sleep and have an impact on student's quality of life are also presented. These show the percentage of responding students who reported having worries about daily event or circumstances.

35% have a problem with sleep for 3+ nights a week
70% were troubled by sleep in the past month
15% of which were troubled greatly



Those troubled greatly by sleep increased from 9% in Year 7 to 21% in Year 13



44% worry about the climate/environment



33% worry about going to school



31% worry about their family not having enough money



11% said the house they live in is cold and/or damp



5% said they go to bed hungry as there is a lack of food

Secondary: Years 7-13

Mental Health



The survey asked students many questions which relate to the topic of mental health. Here, we present the number of students who report having been bullied in the last year. Bullying has a large impact on mental health and is often related to the school environment and other students. Experiences of loneliness, which is related to feeling isolated, were also explored.

Bullying

For most, bullying decreases over the school years, except for around 2% who experience it everyday in every school year



Loneliness

19% often felt lonely

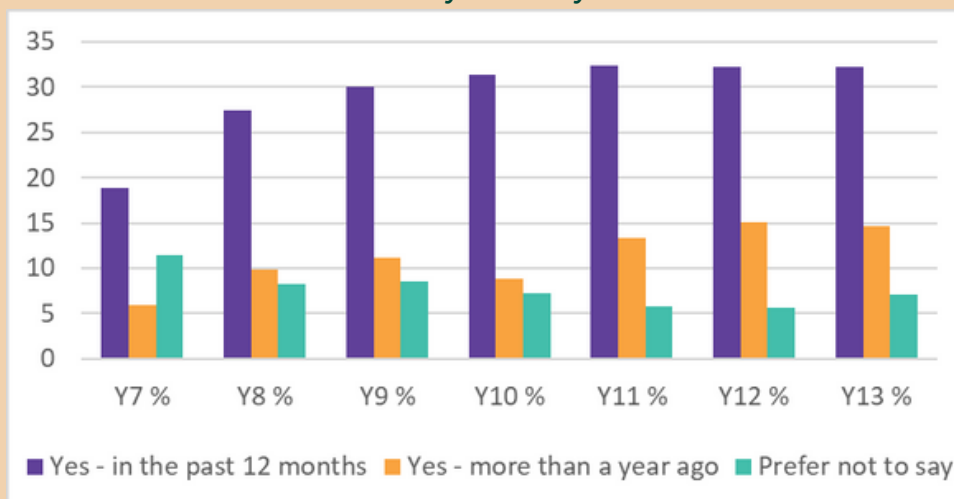
an increase from
in Y7 students...

14%

to 22% of Y13 students

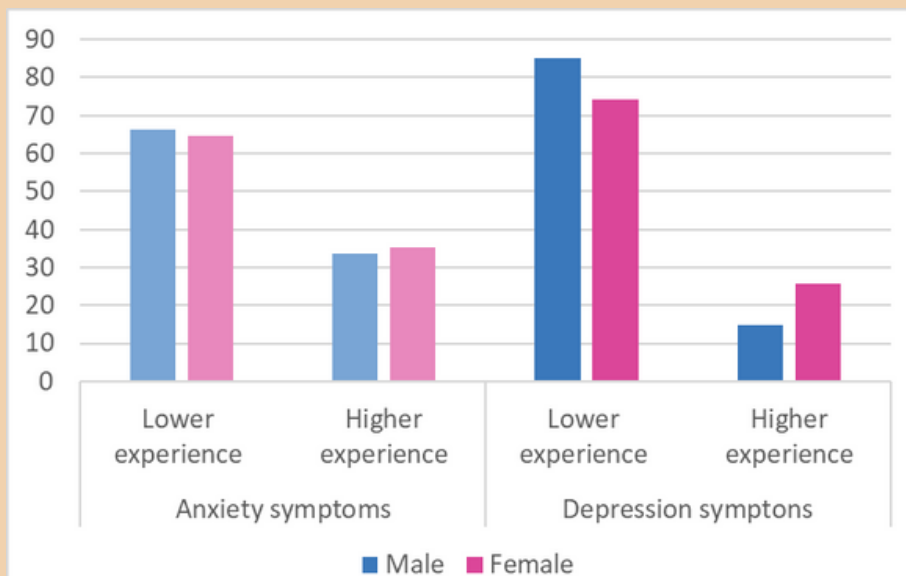
Additionally, students were asked if they felt they suffered with a mental health problem. Students' thoughts and behaviours related to self-harm were also explored. Important questions around who students would go to for mental health support, and their ability to find someone when they are upset and need help are shown. Experiences of anxiety and depression symptoms are also reported. This indicates the likelihood that students are within the range for clinical anxiety or depressive disorder.

Do you think you have had a mental health problem that has affected your daily life?



Secondary: Years 7-13

Revised child anxiety and depression scale scores



Self-harm

21% have self-harmed

an increase from
in Y7 students...

15%

to 29% of Y13 students

Serious thoughts about taking an overdose or trying to harm oneself rose from 27% in Y7 to 41% in Y13, with the average being 33%

Mental health support:

38%

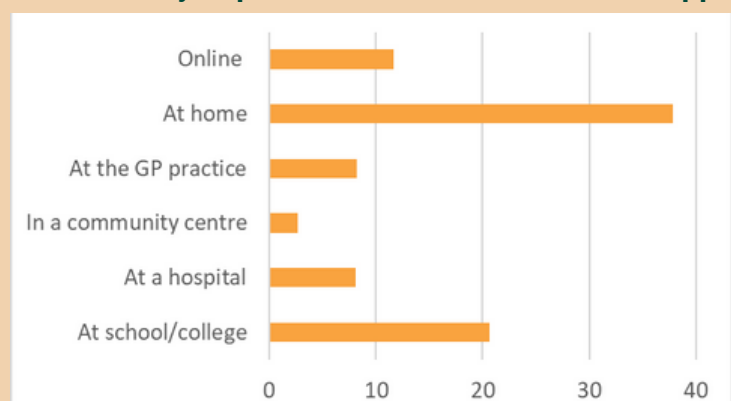
found it easy to
access mental
health support

while

21%

found it difficult

Where would you prefer to access mental health support?



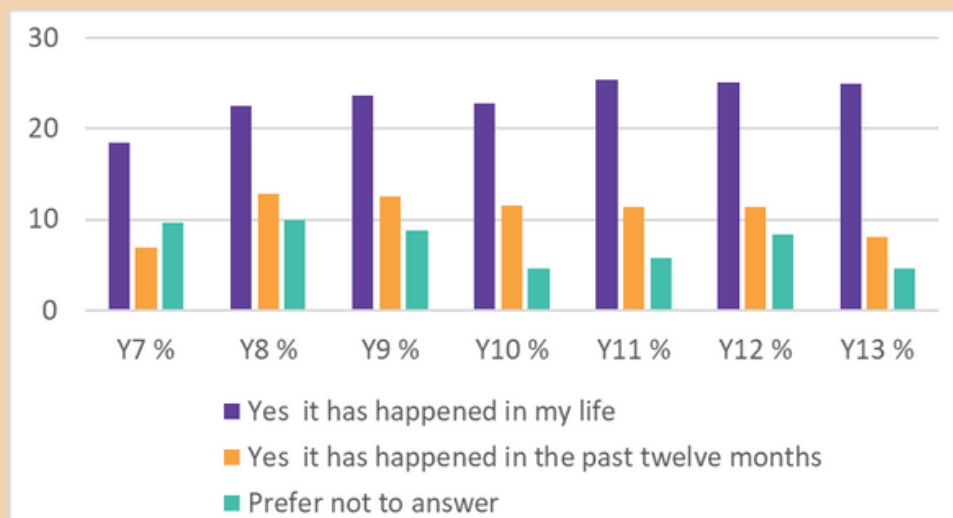
Secondary: Years 7-13

Safeguarding

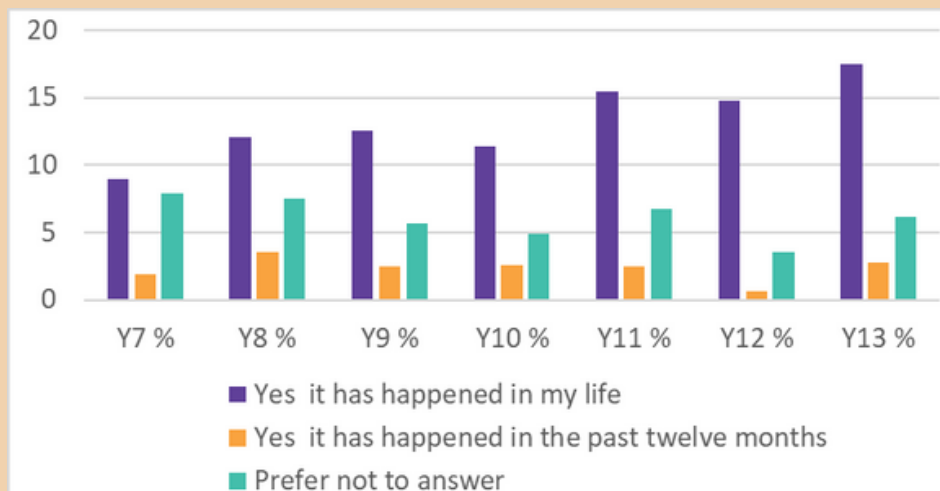


Safeguarding is essential to the wellbeing of students. The survey therefore asked questions relating to experiences in the home including maltreatment. Different forms of abuse were covered in the survey, including sexual abuse.

Did a parent or other adult in the household swear at you insult you humiliate you threaten you or make you feel unwanted?



Did a parent or other adult in the household hit beat, kick or physically try to hurt you in any way?

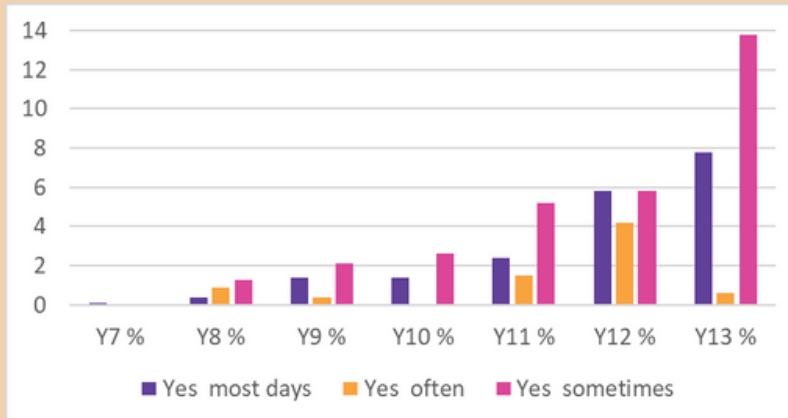


Secondary: Years 7-13

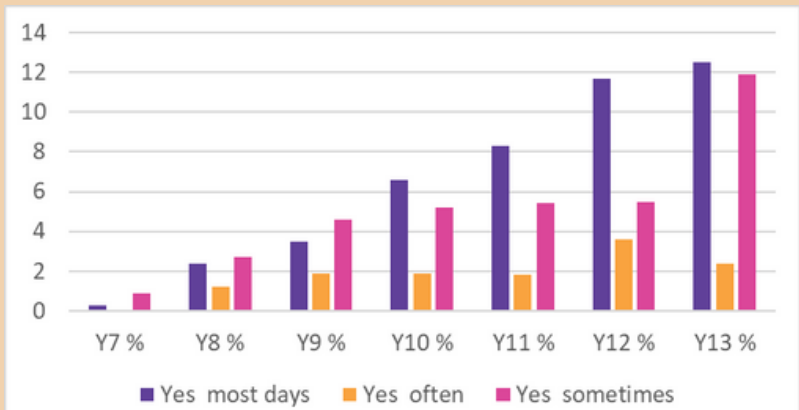
Substance use

The survey asked questions around a range of risky behaviours related to substance use. This includes whether students smoke cigarettes or vape, and of taking unprescribed drugs.

Do you smoke cigarettes?



Do you vape/use e-cigarettes?



More young people are vaping frequently, and from an earlier age

9% have taken something to get high or self-medicated with unprescribed drugs (once or more)

an increase from 1.3% of year 7 students...

To 25% of year 13 students

Further Support & Resources

Mental health and wellbeing:

- Young Minds - www.youngminds.org.uk
- Student Minds - www.studentminds.org.uk
- Oxfordshire Mind - www.oxfordshiremind.org.uk/support-for-you/children-and-young-people
- Samaritans - www.samaritans.org/how-we-can-help/schools/young-people/
- Papyrus (Prevention of young suicide) - www.papyrus-uk.org
- Cruse Bereavement Support - www.cruse.org.uk/get-support
- CAMHS (Child and Adolescent Mental Health Service) - www.oxfordhealth.nhs.uk/camhs/oxon
- MindEd Free Resource for Education Staff, Parents and Carers - www.minded.org.uk
- Mentally Healthy Schools: Resource Hub - www.mentallyhealthyschools.org.uk
- Beat Eating Disorders - www.beateatingdisorders.org.uk/get-information-and-support
- Teen Sleep Hub - www.teensleephub.org.uk/

Physical Activity

- Family Information Service - <https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/home.page>
- Get Oxfordshire Active - www.getoxfordshireactive.org
- Active Oxfordshire - www.activeoxfordshire.org/children-and-young-people

Substance Use

- Cranstoun Here4YOUth - www.cranstoun.org/help-and-advice/young-people/oxfordshire-here4youth
- Stopping smoking advice - <https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/advice.page?id=6PI8NdzkUPc>